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DIVINE LIFE CONFERENCE, MYSORE

PRESIDENTIAL ADDRESS

of

KAVI YOGI MAHARSHI SHUDDHANANDA BHARATI
(President, Yoga Samaj, Madras 20.)

A CALL FOR ACTIVE SERVICE

I Dynamic Mysore

Aum ! Salutations to the Pure almighty Grace that has brought us together in this most beautiful city of Nature's grandeur and historic eminence. Mysore is the heart of India and capital of the spiritual world ; for here all the systems of Indian philosophies had their cradle and sacred pleasure garden. Shanakara, Ramanuja, Madhva and Basava are the four cells of this heart-like Mysore. If we can analyse the whole range of Indian Philosophy, we can use two terms to bring out its substance—*Vedantha and Siddhantha* and both were born and developed in Mysore. Shankara's Vedantha and Basava's Virasaiva siddhanta sum up the spiritual thoughts of the Veda and the Agama which are the biune factors of perfect life. Mysore has gold mines; industrial centres and rich natural resources to solve the economic problems of India. The Mother Cauvery that feeds the Madras State emenates from Mysore and the waterfalls which supply us electricity roar out hymnal blessing from its majestic hills. Mysore has marvellous means of material progress and we have gathered here to see how we can generate its *spiritual electricity* for the regeneration of humanity which needs new light and energy.

II Siva Minsarm

Here we have a *Siva Samudram* which supplies material current ; We have a Sivaganga too here and

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ignores the supreme call and remains an eternel prisoner in the hands of Maya and could not get free from the isle of misery. Saviours come and go, and religions and dogmatic sectarian forts are raised in their name and isms multiply daily and yet the riddle of existence remains as it was. Castes and religions have not solved that riddle ; they have divided humanity into opposing camps.

What is man ? What is his distiny ? Why he is born ? Is man a doubting Hamlet or a bold Nepoleon, a cold cynic or an old dogmatist ? Is religion necessary for him ? or is it sufficient that he lives an eat-and drink life of sensuality ? Albert Einstein answers these questions : " The complex of sense experiences lead to the ontological conception of an ultra sensual entity in which alone we can find peace. The thinking of the human intellect is an utterly insignificant reflection. Technical progress and hard won achivements in the hands of our generation are like a razor in the hands of a child of three. The horor of war is at our door every day. Look around ; awaken conscience and common sense ; see with your own eyes and hearts Avoid struggles of all against all, by avoiding your *inner struggle.*" Scientists of today feel the hypertrophy of machine production, deficiency of purchasing power ond the care and hunger that increase day by day. Thinkers on the other hand feel that humanity has been too much divided and misled by sectarian religions growing round about personalities. Cold wars and hot wars are disturbing in and out the gnostic equilibrium of mankind. Man must think beyond the frame work of limitations and widen the horoizon of his soul so that he can feel soul to soul with humanity and live a life of spiritual socialism. That is possible when the heart and brain live in tune with the soul of souls and that life is called Yoga. Yoga is the unique saviour force of humanity. Let us now enter into its nature rand possibilities.

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KAVI YOGI MAHARSHI SHUDDHANANDA BHARATI

Maharshi Sudhanada Bharatiji is a world figure today. He is an inspired poet, linguist, sage, yogi and apostle of one humanity. He is honoured and held in respect not only by Indians but also by other nations. He is famous as Tamil, English and French poet. He is descendant of a noble family of Poets, Scholars, Saints and Yogins. The great Brahmajnana Sadasiva Brahmam is his ancestor. Purnayya, the minister of Tippu Sultan was his ancestor.

Sri Sudhananda is a born Yogi and has lived in Yoga all his life. He was born in a home thrilling with the resonant voice of the Vedas, Upanishads and the melodious songs of inspired saints like Thyagaraja. So he bloomed into a poet and a Yogi. He had a good English Education. But he learnt many arts and languages intuitively. Jnananda initiated him Raja Yoga. His grandfather Brahmananda taught him Gita and Bhakti Yoga. The young yogi spent most of his time in silence and meditation aloof from the world. He realised his divine Self in his ninth year by a sudden emotion of divine fervour. He spurned wealth and luxury and resorted to solitary forests for Tapasya. He escaped the yoke of wedlock and roamed free like the unbound air seeking always the company of saints and seers and sages. He came in close contact with all the modern luminaries in the moral and spiritual sphere. He came in contact with Sai Baba, Upasini Baba, Meher Baba, Ramana Maharshi, Sri Aurobindo, Tilak and Mahatma Gandhiji, Sivananda and Ramadas. He lived at the feet of Ramana in the Virupakshi Cave to attain Sahaja Samidhi and then reverted to Sri Aurobindo. He spent twenty-three years of dynamic spiritual silence at the feet of Sri Aurobindo, practising Poorna Yoga as well as writing one thousand books in different languages. His

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there in North we have another *Sivaganga* flowing from the sublime Himalayas with the sparkling ecstacy of its spiritual current. We have gathered here to apply both the currents for a vast synthesis of spriritual blessings in actual life. I am happy to be amidst you once again and thank you for having chosen me to preside over the Divine Life Conference a third time. We have already met in Bangalore and Coorg and are delighted to meet in this Royal city to celebrate the glory of Siva the spiritual Monarch and to live the Life Divine and turn a new page in our collective existence. Let us try to charge our life with the Sivaminsaram and go home as batteries of the Divine current. Swami Sivananda with the heart of Appaya Dixit and Shakara's brain has revolutionised the world with his Jananayejna kindled ablaze by a dynamic pen. He has given humanity the treasure bequeathed by the ancient seers of India, in simple English. He has spoken the ancient wisdom to the modern world and has sent missionaries abroad even like Ashoka, to propagate that blissful wisdom which promises a Vedantic Life for all in Yoga with the Heart's Beloved. He has done His duty and our duty begins now of knowing Him closely and applying His message to lead a better and brighter life. What is That Life and What is *This Life*?

III. Life And Its Riddles

Life in the world is like an old sorceress decked with tempting colours that lure deluded minds and still she seduces weak hearts by her magic veil. People try to gorge themselves to surfeit with her tempting delicacies which they vomit one day in utter disgust. The thirst is never quenched by its sea-water. Man spends his time around the stomach and rambles in dark woodlands of vital desires. He is caught in the Island of desire. The ship is there and the captain calls aloud. But drunk with tempting pleasures, he

kirthanas are sung by famous musicians in concerts, on stage and on the radio. His magnum opus, *The Bharata Shakti Maha Kavyam* is a wonderful achievement of the modern age. In 50,000 sublime lines, the Yogi sings in this great work, the evolution of the human soul towards Divinity battling through the army of asuric hostile forces. This Epic speaks of the life and teachings of all the world's spiritual and historic psrsonalities and of the essence of all religions from the Vedas to Yoga Siddhi.

The life of Shudhananda is a synthesis of the Karma, Bhakti, Jnana, Hata, Raja, Mantra, Tantra, Laya, Samadhi Yogas and he attained the very rare Mahathraya Samadhi, in a silence of thirty years. During this time he was completely detached from the world and lived upon milk, green leaves and ground nuts alone. He fasted very often for days together immersed in trance. After coming out of his seclusion, the Yogi made a global tour. He was invited to Japan, Malaya, Ceylon, Thailand, Berlin, Switzerland and visited France, Russia, Norway, England and other countries where he did yeomen service for the spiritual uplift of humanity. He goes to America and Australia very soon.

The Yogi has established a Yoga Samaj in Madras to train missioneries of Pure Yoga. For he maintains that Yoga Vedanta is the salvation of humanity. His Yoga is not life escape but fulness of life in tune with the Infinite Divine that is the heart of beings. He radiates the Yogic force in meditation. Yoga Samaj conducts a free dispensary, a press, a Publshing house & holds Spiritual communion every Sunday. It trains Yoga Vedanties and the Maharshi takes up all good Spiritual services.

IV Science of Better Life

Yoga is the Science of better life in tune with the Infinite Spirit which is the fountain of purity, freedom, peace, power, knowledge and bliss. Real life is an efflorescence of that Spirit which throbs in the heart

our neighbour; New York is near us. Radio and plane knit the world together. Now is the time to create one peaceful world. Nations are astir with a keen hunger for peace. We see chaos here and there. Here is religous animosity, group prejudice, and sectarian nuisance; there rank materialism, cold war, hot war, lust for power, commercial competitions dislocate peace. Pacts are tacts for self aggrandisement. Atlantic and Pacific pacts have been swept off like scribbles on the eddying billows of time. The terrible Frankenstein of nuclear weapons holds life in perpetual terror. The Century of Church and religion was replaced in the 18th century by Reason; it was replaced by economic and Industrial progress in 19th century. Political power and scientific diabolism poison the twentieth century. "throw away your atom bombs into the sea" cry peace-lovers. Even war-mongers maintain that they make bombs to main tain the balence of peace. But who throws away the dangerous weapons into the sea? Each Power-bloc is heaping the ABHB to throw them on living beings, killing mlllions. Science is afraid of its own inventions. India's Atmic balm is the remedy for the atomic bomb. Yoga is the only means of peace. It generates Atma Shakti, the soul force which is the cure of all existence.

VII Yoga Vedanta

Yoga is the antidote for the radio-poisned world. Yoga is a psychic science which enables us to live as the eternal spirit. It is the inner fountain of peace and bliss. It is the national heritage of India and it is the gift of Maharishis to humanity. The life lives in Yoga with the soul; we must be conscious of it. Yoga is a binding force that keeps us united with the divine in us. By this union, the mind is clarified, the heart is elevated, psychic powers are generated and man and woman become indomitable batteries of force. The Yogi uses science for constructive purposes. Our great

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works were given by Yogins. The Vedic Rishis, Vyasa Valmiki, Sukha, Kambar were all Yogins. Our Kings like Rama and Janaka practised Raja Yoga by which they attained Swarajya in the self and Samrajya in the universe. Krishna was a dynamic Yogin ; he gave us the Gita. Jesus, Rasul, Zoraster, Leo-t-zn, Bhudda, Mahavir, Nanak, Appar Maniccavachakar, Ramalinga were all Yogins. In our days Ramana, Aurobindo and Sivananda are Yogins that have radiated truth and wisdom's Light. Yogins are the saviours of the world. Ramdas saved Hindu Dharma thoourgh the instrumentality of Sivaji. To live in Yoga with the inner divine, a dynamic cosmic life is the remedy for the war-worn world trembling with fear and misery. To act in a spirit of dedication is Karma Yoga. To love God in all is Bhakti Yoga. To be aware of the unique self in all is Jnana Yoga. To attain divinity and sereve humanity is Visva Yoga. To live pure life in tune with the pure Almaighty Grace, loving knowing and serving it in all beings that habit this heaven-bound temple is pure Yoga or Yoga-Vedanta. Purity in thought word, deed, and purity in all parts of the being, purity in actual existence is the first step to Yoga Vedanta.

VIII Purity Is God

The Highest Purity is God and he is realised by spotless purity in all planes of our conscious life-material, moral, vital, intellectual, psychic, supramental, and bliss, planes. Purity brings peace and freedom of Divine Communion and Union. It electrifies the entire being with pure Consciousness of the Almighty Grace ; we become automatic centres of that Shuddha Shakti and it radiates itself to all that come within the ambit of its aura. A serene peace, a deep satisfaction, an indifference, to praise and blame, weal are woe, a mystic exaltation of life is felt when we realise this Purity. Hence the name pure Yoga Vedanta for this path. Yoga has nothing to do

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of beings. The heart and the mind are like cathodes and anodes in a Cathodoscope through which the electronic currents pass and produce light waves. The invisible electrons cause a glow when their subtle rays strike a screen of Zinc silicate. Even so the inner Spirit that cannot be felt by the senses nor by the mind manifests its Spot-Light on the Calm fluorescent Screen of ingathered meditation. Gathered in, the mind gains energy, going out, it loses energy like a Radio kept open all day long.

The Spirit is a pure force placed between two great forces of Nature and God. Inclined to Nature too much, the Spirit descends to lower vital regions and suffers hell. An involution takes place. If the spirit follows Divine Consciousness, it evolves through higher planes to enjoy the Delight of God-union.

V Nature's Gifts

Nature gave us Science. Its achievements are vast and varied. The amply call, neon mercury lamps, radar waves, infra-red rays, ultra violet rays, elrctronic waves, diamond tools, plastics, rotary-press, the lino, steam engines, diesel, tractors, electricity, telegraph, phone, radio, television, electro-photography, gyroscope, textile-machines, pencillin, radium, uranium, atoms, eyclotron, atom bomb, hydrogen bomb, cosmic rays are all marvels of Science. Human brain has revealed them. But the same brain uses these forces of nature for destructive purposes. The brain must have the heart to harness Science for the betterment of existence here. Scientific intellect must wed psychic heart-in-yoga with the Divine Spirit. Purusha must unite with Prakriti in the Purushottama-Consciousness.

VI Hunger For Peace

Yoga is the cementing force of that unity. Both require a new transformation, a new and wider life. Science has brought the world close to us. London is

with table-tilting mesmerism or miracle mongering. Many in the west misunderstand Yoga for these trivial tricks of the vital being. Many more take mere asanas and breath control for Yoga. I had hard work in convincing them of the Truth of Yoga Vedanta.

IX. Visible Man

Prophets come and prophets go, but humanity goes on in its own way. Religions rise round personalities and are propagated by disciples with make-believe tales. Humanity as a result is divided into several sectarian camps of religions and creeds and castes. One religion regards another as heretic and one sect looks upon another as a hostile rival. Unity is far from the scope of present condition of religions. There are moral disciplines to Buddhahood and Christ hood. These two great masters have shown the way to the kingdom of Heaven. But is the World prepared for it? If Jesus Christ descends here to establish the kingdom of Heaven, how many would really cooperate with him? The Vital demon in man, his mutual jealousy, hatred, ambition; his cupidity—all impede the path to a blissful heaven upon the earth. Buddha, Jesus, Rasul these three prophets command a large number of followers today. But is humanity really following their footsteps? They called men to peaceful coexistence with faith and surrender to God. But where is faith and where is surrender to God? They considered all humanity as one family of divine children. But why should there be so many opposite camps and quarrels in the family of human creatures? Because man has not yet found his real self which is all peace and bliss. He is dust conscious and not *that conscious.*

Shakespeare's Hamlet aplty says:

"What a piece of work is man
How noble in reason
How infinite in faculties, in form and moving

and knows everything as the Self. Yoga is the main spring of Existence. Yoga is the salvation of humanity torn into opposing camps by differences of Castes religion, race and colour. I.C.B. M. is turned against humanity to day. Only Inner Conciousness beyond mind can save humanity

XI Soul Value of Life

Yoga can restore peace in the world if the world cares to receive its blessings. There are two great forces in the world. One is the material forces of science; the other is the spiritual force of Yoga. Mere science leads to the battle-field. The age of electromagnetism has been replaced by the new age of Atomic energy. The World is in the scare of the radio active alpha rays and hydrogenated poisons. The brain is keen but the heart is stone-hard sans compassion. The Ascetic on the other hand is too other worldly. Science and Spiritual Consiousness live in mutual divorce. They have broken the concord of nations. Now Science must wed Yoga and live amicably for the good of the progressive humanity. A Yogi-scientist shall not dare to throw atom bombs and kill millions. He will have the mercy to utilise the new energy for healing diseases and solving riddles of physical life. There is no use of watering plants that are not-rooted in the soil. There is no use of painting leaves green when the sap is dry. What can pumpsets do when there is no water in the well. When the soul is not awake and its consiousness does not animate life, mere science can never bring peace and plenty to existence. Life must be an efflorescence of the Soul through Yoga. The nations must now reckon the soul value of life and living. The material West must shake hands with the spiritual East. If Science submits to Yoga war can be stopped and the enormous military budget shall go to enrich knowledge and social welfare. If the stupendous war budget closes to day, each individual can have enough to live and life

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How express and admirable, in action
How like an angel, in appreciation
How like a God—the beauty of the world;
The Paragon of animals and yet to me
What is this quintessence of dust?"

Hamlet here thinks of man, the body; Body is verily dust and it returns to dust. But is dust the reality of man? Is bulb the reality of a lamp? It is only an instrument of the flame. Even so man is man when he is concisous of the Soul which is the Real in the dust-laden body.

X. Self Realisation

Soul, Self, or Spirit is the Real Man. It is the Teo of Leotzv. It is the Atman of the Upanishads; It is the heart of Ramana; It is the quintessence of all faiths. It is that which sees in the eyes, hears in ears, thinks in the mind and feels in the heart of beings. It is our Swarupa, Self. To realise that, is to find peace and felicity in life. It is realised through Yoga.

Yoga is to Yoke the human with the Divine in man. That which stands between both is the mind. Conquest of the mind comes by moral purity, physical discipline, steady posture, rhythmic breathing and these are only external practices. In gathering the wanderings senses, steadying the mind, meditation, and self-indentification are the inner sadhanas. There are three stages in Pure Yoga Vedanta. The First stage is self purification by complete surrender of the entire being to the Inner Divine. The second stage is perfect unity of Consciousness by freedom from all distractions and this is achieved by prayer and meditation.

The third is Divinity by immersing the entire living consciousness in the delight of the Divine Omnipresence. Then one sees the Self in all and all in the Self. Yoga Vedanta is purity unity and divinity of the soul which is the Inner man and the development of the spiritual consciousness that sees

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can go on smoothly. Before talking of disarmament, nations must reduce the military budget. That shall be, when one is sure of the honesty of his neighbour, when the human mind is transformed into a psychic stream of universal Love. That shall be done only by making all life a Yoga with the Divine Soul which is the fountain head of love, light, peace and bliss.

XII. Wakeup!:

Wake up O sleeping Jiva, the cage is not your home. Sleep is not life and life is not a dream. Tear the veils fo ingnorance and falsehood and ascend the height of love and light, wing thy way back to sublime mountain home of peace and bliss. Find thy rest in nest of Spiriual delight. Let the drop seek the sea; let the atom seek the whole; let the spark seek the flame; let shadows fade in the Sun. Let the sense know the essence. Through pain and grief and grim trials of life, strive on and on until you reach the goal. Break loose from the fetters that bind you and be free greeting the Love that is the sole Guide to life Divine. Love shall remove thorns in the trackless forest of sordid misery. Have courage, believe and march forward. Face calmly trails tests and you are sure to reach the goal of your quest. A Friend follows you unawares; He is Love, the Leader, the mover, the traveller the revealer and the goal of life. Die to self and live in Love with God. That is Yoga Vedanta.

XIII. Call for Service

We are passing through a transtient period in India and are living under changed circumstances. The Vedic India has undergone a thorough change after the battle of Mahabharatha. India is divided into thousands of sectarin camps and falls an easy prey to alien elements. There are countless monasteries and ascetic orders here but one does not amicably mingle with the other. Reactionary evils shatter the harmony

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of co-existance. The nation lost its solidarity and collective consciousness. Reformers came and they too formed fortified creeds dividing yet the land of divisions. Rammohan, Dayananda, Ramakrishna Vivekanada, Ramathirtha, Ramana and Aurobindo gave a new awakening to the country. Sri Aurobindo with whom I spent more than quarrer of a century attempted to transform the Earth Spirit through the descent of the Supramental Force. Sivananda in his own simple ample style nourished the field with his wonderful synthetic Yoga Vedanta. The Time spirit calls us all to carry this Gospel of Yoga Vedanta. East and West and build up an army of Spiritual missionaries (Yoga Dhiras) who shall be messengers of One God, One Soul, One World and One Humanity in tune with the Infinite. This is the mission of the *Yoga Samaj*.

Mysore is the fittest place for the training of such Yoga Vedanta Missionaries. For this training we want a calm and serene centre like the Chamundi Hills which is a poem of Nature's charm and beauty. There we must have a college for Yogins and begin our work. Aspiring youths who have sufficient education can be taken up for training. They will be taught Yoga Vidhya and given the necessary facilities to perfect their adharas and adharsans. Five years of spiritual training shall enable them to realise the Self, to cultivate psychic powers to set in motion the vibrant Kundalini, to master the Vedas, the Gita, the message of saints and seers, to make a comparative study of religions and to explain Inner Truth to humanity. The first year shall be spent in Hatha and Raja Yoga, the second year in Bhakti and Karma Yogas and the third year in Jnana Yoga at the same time they will learn Vedanta, Siddhanta, the several systems of philosophy and the necessary mantras for particular rituals and ceremonies. The fourth year shall see them perfect Yogins and the fifth year missionaries of Yoga Vedanta. Then they can be sent to temples, pilgrim

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Budha came and Jesus came
Gandhi came and Ramana came
Avatars came and won a name
But the world is all the same.

Smouldering in infernal flame
Free india is full of problems
The ship struggles in vital storms.
Alert to action Sadhus brave
There is work for you sans treve.

Corner life and careless sleep
Resting head on the begging bowl—
it is not saint-like not to weep
Over Maya's noose like mid-day owl.
Come titans agile and strong
To uphold the right and annul the wrong
To build up the world for the better
And to free mankind from fear and fetter.

Come O Batteries of Bliss Divine
To train a vast army of saints
To light heaven's lamp in human shrine
To remove darkness and dirty stains
O men are like dumb driven rams
Make them, O Sadhus, Heroic *Rams*

Work as soldiers, eat as comrades
Walk as gods and talk as sages
Do and lead and live your words.

Your words shall breathe for ages
Throbbing in million hearts and minds
Removing from eyes the night that blinds.
Give, give, to have-nots O Haves!
Give lands, homes and wealth
To Yoga Vadanta that saves
And radiates spiritual health
Extend your heart and hands
In wide sympathy to the demands
Of the Time Spirit, O ye opulent
And for this your money is meant.

centres, to several countries, to open Yogic centres and train men and women. Sanyasins and Yogins cannot keep to themselves in these days. They must come out of their caves and woodlands to serve Manavanarayana and do Visva Yoga. If Mysore gives me proper encouragement, I shall consecrate myself for this high mission and set up a Yogic dynamo here to prepare Yoga Vedanta Missionaries. The world looks forward to India to do this. Come forward, Yogins seers, Sanyasins, ascetics, savants; professors, kings, rich and poor.....to fulfil this universal aspiration.

The Cosmic service calls you new
O souls of love and Light
The question is not why and how
Move down from your mountain height
Sadhus and Sanyasins
Venture on with Vedic hymns !

What are you doing sires
In caves and glens and mela crowds
Dozing before hookka fires
Mummed up in motely shrouds ?
In jungles where jackals howl
Or craving in towns with begging bowl ?

Gone are days of divine rights
Gone are days of spiritual serfdom
The progressive Time Spirit fights
For soul's empire and social freedom
Join ranks, O Sanyasins
To fight against human sins

No more tyranny of coloured arrogance
No more slave factories of ignorance
No more salesmen of human conscience
These are days of social renaissance

Fear is dead ; Truth lives again
In cermonial pomps do not bargain
The joy of goodness shall be your gain
Live the Gita and onward, Sanyasin !

Know your duty and bend to do.
The Good in you is the God in you
God in you is God in all
Live in God and serve God in all
Know the Self and love the Self in all
Sadhus and Saints this is the *Divine Call* !

Prosper All

Conscious of the All in All !

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